

WEEK 1

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	5	75-80%	7.5	3-4 MIN					FOCUS ON TECHNIQUE AND EXPLOSIVE POWER!
	BACK SQUAT	0	2	8	70%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	70%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	3	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELM'S ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	3	4	80%	N/A	3-5 MIN					CONVENTIONAL OR SUMO: USE WHATEVER STANCE YOU ARE STRONGER WITH
	BARBELL BENCH PRESS	4	1	3	82.5-87.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. HARD SET.
	BARBELL BENCH PRESS	0	2	10	67.5%	N/A	2-3 MIN					QUICK 1 SECOND PAUSE ON THE CHEST ON EACH REP
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	5-8	N/A	8	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8-10	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

## SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	3	4	80%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	8	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	3	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	4	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	75%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	3	5	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5: ARM & PUMP DAY	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE DELTS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN					AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

WEEK 2

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	3	3	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	7	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	3	12-15	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	8	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	4	1	2	85-90%	8	4-5 MIN					TOP SET. LEAVE ~2 REPS IN THE TANK. HARD SET.
	BARBELL BENCH PRESS	0	3	6	77.5%	N/A	2-3 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	3	8-10	N/A	8	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	9	1-2 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	9	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	10	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	9	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 2	BACK SQUAT	4	3	6	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	GOOD MORNING	2	2	10-12	N/A	7	2-3 MIN					SAME AS SQUAT STANCE, KEEP SHINS STRAIGHT, GO LIGHTER AND "FEEL" HAMSTRINGS
	LEG EXTENSION	1	3	12-15	N/A	9	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	9	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS	3	3	4	80%	N/A	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	9	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	CLOSE-GRIP BENCH PRESS	2	2	12	N/A	7	2-3 MIN					SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN CLOSER TO YOUR TORSO
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	2	15-20	N/A	9	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	9	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. UPRIGHT ROW	1	2	15-20	N/A	9	30SEC					CAN USE CABLES/ROPE, BANDS OR DUMBBELLS. STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT.
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	8	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 3	5" BLOCK PULL	4	2	4	N/A	8	4-5 MIN					DO BLOCK PULLS FROM A 5" BLOCK (CAN STACK 45LB + 10LB BUMPER PLATES AS BLOCKS)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	7	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	7	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					12 REPS FLEXION (FRONT OF NECK), 12 REPS EXTENSION (BACK OF NECK)

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	ECCENTRIC-ACCENTUATED PULL-UP	1	2	AMRAP	N/A	10	2-3 MIN					3 SECOND NEGATIVE ON EVERY REP, MAINTAIN CONTROLLED FORM FOR ALL REPS
	WEIGHTED DIP	2	2	10	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	9	2-3 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	10	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	9	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

WEEK 3

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	8	72.5-77.5%	8.5	4-5 MIN					TOP SET, LEAVE 1 (MAYBE 2) REPS IN THE TANK. PUSH IT!
	BACK SQUAT	0	2	6	75%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	72.5%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELM'S ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	4	2	85%	N/A	3-5 MIN					CONVENTIONAL OR SUMO: USE WHATEVER STANCE YOU ARE STRONGER WITH
	BARBELL BENCH PRESS	3	1	6	75-80%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. PUSH IT!
	BARBELL BENCH PRESS	0	2	8	72.5%	N/A	2-3 MIN					QUICK 1 SECOND PAUSE ON THE CHEST ON EACH REP
	HIP ABDUCTION	0	2	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	5-8	N/A	8	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

## SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	4	4	80%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	8	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	4	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	77.5%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	4	5	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	2	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5: ARM & PUMP DAY	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21'S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN					AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

WEEK 4

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	1	2	87.5-92.5%	9	4-5 MIN					TOP SET! AIM FOR NEAR PR. KEEP FORM TIGHT.
	DEADLIFT	0	3	3	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	7	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	3	12-15	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	8	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	3	6	77.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	3	8-10	N/A	8	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	9	2-3 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	9	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	10	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	9	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 2	BACK SQUAT	4	3	6	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	GOOD MORNING	2	2	10-12	N/A	7	2-3 MIN					SAME AS SQUAT STANCE, KEEP SHINS STRAIGHT, GO LIGHTER AND "FEEL" HAMSTRINGS
	LEG EXTENSION	1	3	12-15	N/A	9	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	9	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS / PUSH PRESS	3	3	3/3	80%	N/A	3-4 MIN					FIRST 3 REPS STRICT MILITARY PRESS (NO LEG DRIVE), LAST 3 REPS PUSH PRESS (USE LEG DRIVE)
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	9	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	BARBELL FLOOR PRESS	2	2	12	N/A	7	1-2 MIN					CONTROL THE ECCENTRIC (DON'T LET YOUR ELBOWS SLAM INTO THE GROUND), BE EXPLOSIVE ON THE WAY UP
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	2	15-20	N/A	9	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	9	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. BENT OVER REVERSE DUMBBELL FLYE	1	2	15-20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS, SWEEP THE WEIGHT OUT
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	8	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 3	4" BLOCK PULL	4	2	4	N/A	8	4-5 MIN					DO BLOCK PULLS FROM A 4" BLOCK (CAN USE 45LB BUMPER PLATE AS A BLOCK)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	7	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	7	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					12 REPS FLEXION (FRONT OF NECK), 12 REPS EXTENSION (BACK OF NECK)

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	ECCENTRIC-ACCENTUATED PULL-UP	1	2	AMRAP	N/A	10	2-3 MIN					3 SECOND NEGATIVE ON EVERY REP, MAINTAIN CONTROLLED FORM FOR ALL REPS
	WEIGHTED DIP	2	2	10	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	9	1-2 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	10	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	9	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

WEEK 5

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT	4	1	3	82.5-87.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. AIM FOR NEAR 3 REP PR.
	BACK SQUAT	0	2	4	80%	N/A	3-4 MIN					KEEP BACK ANGLE AND FORM CONSISTENT ACROSS ALL REPS
	OVERHEAD PRESS	2	3	8	75%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	8	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELM'S ROW	1	3	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	3	3	85%	N/A	3-5 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	BARBELL BENCH PRESS	4	1	4	82.5-87.5%	9	4-5 MIN					TOP SET. LEAVE 1 REP IN THE TANK. AIM FOR NEAR 4 REP PR.
	BARBELL BENCH PRESS	0	2	6	80%	N/A	2-3 MIN					QUICK 1 SECOND PAUSE ON THE CHEST ON EACH REP
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	5-8	N/A	8	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

## SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	3	6	77.5%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	9	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	4	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	82.5%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	3	6	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	10	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5: ARM & PUMP DAY	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE DELTS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN					AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

WEEK 6

# POWERBUILDING SYSTEM

[SEMI-DELOAD]

## SEMI-DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK TO PROMOTE RECOVERY AND TO PREPARE FOR THE NEXT 4 WEEKS!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	3	4	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	5	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	2	12-15	N/A	7	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	7	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	2	8-10	N/A	8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	2	7	77.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	2	8-10	N/A	6	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	6	2-3 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	6	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	8	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	8	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 2	BACK SQUAT	4	1	1	90-95%	9	4-5 MIN					ONLY HEAVY SET THIS WEEK! PERFECT TECHNIQUE!
	LOW-BAR BACK SQUAT	0	2	7	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	LEG EXTENSION	1	3	12-15	N/A	8	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	8	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	8	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	8	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS	3	3	4	82.5%	N/A	3-4 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	7	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	DEFICIT PUSH-UP	2	2	AMRAP	N/A	10	2-3 MIN					AS MANY REPS AS POSSIBLE. USE PERFECT PUSH-UP HANDLES OR DUMBBELLS TO CREATE A DEFICIT
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	2	15-20	N/A	7	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	7	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. UPRIGHT ROW	1	2	15-20	N/A	7	30SEC					CAN USE CABLES/ROPE, BANDS OR DUMBBELLS. STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT.
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	7	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 3	3" BLOCK PULL	4	2	4	N/A	6	4-5 MIN					DO BLOCK PULLS FROM A 3" BLOCK (CAN USE 25LB + 10LB BUMPER AS A BLOCKS)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	6	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	6	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	8	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					12 REPS FLEXION (FRONT OF NECK), 12 REPS EXTENSION (BACK OF NECK)

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	NEUTRAL GRIP PULL-UP	1	2	10	N/A	7	2-3 MIN					AVOID FAILURE, FOCUS ON GOOD TECHNIQUE AND MAINTAINING CONSISTENT TEMPO
	WEIGHTED DIP	2	2	10	N/A	7	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	7	1-2 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	9	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	8	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

WEEK 7

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT*	4	1	3	85-90%	8.5	4-5 MIN					TRY TO ADD SOME WEIGHT FROM WEEK 5 OR IMPROVE BAR SPEED AT SAME WEIGHT
	BACK SQUAT	0	2	2	85%	N/A	3-4 MIN					BE MINDFUL OF TECHNIQUE. FOCUS ON DRIVING YOUR BACK INTO THE BAR.
	OVERHEAD PRESS	2	4	8	70%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	8	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELM'S ROW	1	2	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	75%	N/A	3-5 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	BARBELL BENCH PRESS*	4	1	3	85-90%	9	4-5 MIN					TOP SET. LEAVE 1 REP IN THE TANK. AIM FOR NEAR 3 REP PR.
	BARBELL BENCH PRESS	0	2	4	80%	N/A	2-3 MIN					FOCUS ON TECHNIQUE. PRESS THE BAR BACK AND UP WITH EXPLOSIVE FORCE
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	3-5	N/A	7	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

## SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	4	6	77.5%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	9	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4: DEADLIFT, BENCH PRESS	DEADLIFT	4	1	3	85-90%	8.5	4-5 MIN					WORK UP TO A HEAVY TRIPLE WITH A LOAD THAT HITS RPE 8-9
	PAUSE BARBELL BENCH PRESS	3	4	6	75%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5: ARM & PUMP DAY	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	12	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN					AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

WEEK 8

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	3	5	80%	N/A	3-4 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	8	N/A	7	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	PULL-THROUGH	0	3	12-15	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, USE YOUR GLUTES TO MOVE THE WEIGHT
	LEG CURL	1	3	6-8	N/A	9	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	3	8-10	N/A	9	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	2	7	77.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	CHIN-UP	1	3	8-10	N/A	8	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	STANDING ARNOLD DUMBBELL PRESS	1	2	10-12	N/A	9	2-3 MIN					ROTATE THE DBS IN AT THE BOTTOM AND OUT AT THE TOP
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	9	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	FACE PULL	0	2	15-20	N/A	10	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	DUMBBELL LATERAL RAISE	0	3	15-20	N/A	10	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	CONCENTRATION BICEP CURL	0	3	12-15	N/A	10	1-2 MIN					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 2	LOW-BAR BACK SQUAT	4	3	7	75%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	GOOD MORNING	2	2	10-12	N/A	7	2-3 MIN					SAME AS SQUAT STANCE, KEEP SHINS STRAIGHT, GO LIGHTER AND "FEEL" HAMSTRINGS
	LEG EXTENSION	1	3	12-15	N/A	9	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	10	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	10	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	10	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	OVERHEAD PRESS / PUSH PRESS	3	3	3/3	82.5%	N/A	3-4 MIN					FIRST 3 REPS STRICT MILITARY PRESS (NO LEG DRIVE), LAST 3 REPS PUSH PRESS (USE LEG DRIVE)
	SINGLE-ARM LAT PULLDOWN	1	2	10-12	N/A	9	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	DUMBBELL INCLINE PRESS	2	2	12	N/A	8	2-3 MIN					45° INCLINE, KEEP SHOULDER BLADES RETRACTED AND DEPRESSED
	PENDLAY ROW	1	2	10	N/A	7	1-2 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	PEC FLYE	0	3	15-20	N/A	10	1-2 MIN					PERFORM WITH CABLE, BANDS OR DUMBBELLS, USE A FULL ROM
	A1. INCLINE SHRUG	1	2	15-20	N/A	10	30SEC					LIE FACE DOWN AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. BENT OVER REVERSE DUMBBELL FLYE	1	2	15-20	N/A	10	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS, SWEEP THE WEIGHT OUT
	BARBELL SKULL CRUSHER	1	2	8-10	N/A	10	1-2 MIN					DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER # 3	2" BLOCK PULL	4	2	4	N/A	8	4-5 MIN					DO BLOCK PULLS FROM A 2" BLOCK (CAN USE 25LB BUMPER PLATE AS BLOCKS)
	BULGARIAN SPLIT SQUAT	1	2	12	N/A	7	2-3 MIN					12 REPS EACH LEG, KEEP YOUR TORSO UPRIGHT, CONSTANT-TENSION ON QUADS
	BARBELL 45° HYPEREXTENSION OR HIP THRUST	1	2	8-10	N/A	7	1-2 MIN					DO BARBELL HIP THRUSTS IF NO MACHINE, USE GLUTES TO MOVE THE WEIGHT
	SEATED CALF RAISE	0	3	15-20	N/A	9	1-2 MIN					DO STANDING IF NO MACHINE, EMPHASIZE THE MIND-MUSCLE CONNECTION
	HANGING LEG RAISE	0	3	10-12	N/A	8	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					12 REPS FLEXION (FRONT OF NECK), 12 REPS EXTENSION (BACK OF NECK)

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #3	FLAT-BACK BARBELL BENCH PRESS	3	3	10	N/A	7	2-3 MIN					SHOULDER BLADES STILL RETRACTED AND DEPRESSED. SLIGHT ARCH IN UPPER BACK. MINIMIZE LEG DRIVE.
	ECCENTRIC-ACCENTUATED PULL-UP	1	2	AMRAP	N/A	10	2-3 MIN					3 SECOND NEGATIVE ON EVERY REP, MAINTAIN CONTROLLED FORM FOR ALL REPS
	WEIGHTED DIP	2	2	10	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM ROW	1	2	10-12	N/A	9	1-2 MIN					CAN USE CABLES, BANDS OR DUMBBELLS - FEEL YOUR LATS WORKING!
	BARBELL OR EZ BAR CURL	1	3	12-15	N/A	9	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	LEAN-AWAY LATERAL RAISE	0	2	30	N/A	10	1-2 MIN					USE A LIGHT DUMBBELL, CONSTANT-TENSION, NO PAUSE AT THE BOTTOM
	BICYCLE CRUNCH	0	2	10-12	N/A	9	1-2 MIN					KEEP YOUR HANDS BEHIND YOUR EARS

WEEK 9

# POWERBUILDING SYSTEM

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 1: SQUAT, OHP	BACK SQUAT*	4	1	2	87.5-92.5%	8.5	4-5 MIN					TOP SET. LEAVE 1 (MAYBE 2) REPS IN THE TANK. AIM FOR NEAR 2 REP PR.
	SQUAT WALK-OUT (DO NOT SQUAT)	0	1	10-SEC	100%	NO REPS	4-5 MIN					DO NOT SQUAT. WALK THE WEIGHT OUT, HOLD AND WALK BACK IN. SET THE SAFETY PINS HIGH AND HAVE A SPOTTER.
	OVERHEAD PRESS	2	3	6	80%	N/A	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	GLUTE HAM RAISE	1	2	8-10	N/A	7	1-2 MIN					KEEP YOUR HIPS STRAIGHT, DO NORDIC HAM CURLS IF NO GHR MACHINE
	HELMS ROW	1	2	12-15	N/A	9	1-2 MIN					STRICT FORM. DRIVE ELBOWS OUT AND BACK AT 45 DEGREE ANGLE
	HAMMER CURL	0	3	20-25	N/A	10	1-2 MIN					KEEP ELBOWS LOCKED IN PLACE, SQUEEZE THE DUMBBELL HANDLE HARD!

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 2: DEADLIFT, BENCH PRESS	DEADLIFT	4	3	4	80%	N/A	3-5 MIN					SEMI-DELOAD. FOCUS ON TECHNIQUE AND BAR SPEED LEADING INTO MAX WEEK.
	BARBELL BENCH PRESS*	4	1	2	87.5-92.5%	9	4-5 MIN					TOP SET. AIM FOR A NEAR 2 REP PR
	BARBELL BENCH PRESS	0	2	2	87.5%	N/A	2-3 MIN					FOCUS ON TECHNIQUE. PRESS THE BAR BACK AND UP WITH EXPLOSIVE FORCE
	HIP ABDUCTION	0	3	15-20	N/A	9	1-2 MIN					MACHINE, BAND OR WEIGHTED, 1 SECOND ISOMETRIC HOLD AT THE TOP OF EACH REP
	WEIGHTED PULL-UP	1	3	3-5	N/A	7	3-4 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR
	STANDING CALF RAISE	1	3	8	N/A	9	2-3 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL ROM

## SUGGESTED REST DAY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 3: SQUAT, DIP	BACK SQUAT	4	3	4	82.5%	N/A	3-4 MIN					MAINTAIN TIGHT PRESSURE IN YOUR UPPER BACK AGAINST THE BAR
	WEIGHTED DIP	2	3	8	N/A	8	2-3 MIN					DO DUMBBELL FLOOR PRESS IF NO ACCESS TO DIP HANDLES
	HANGING LEG RAISE	0	3	10-12	N/A	9	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY
	LAT PULL-OVER	1	3	12-15	N/A	9	1-2 MIN					CAN USE A DB, CABLE/ROPE OR BAND, STRETCH AND SQUEEZE LATS!
	INCLINE DUMBBELL CURL	1	2	12-15	N/A	9	1-2 MIN					DO EACH ARM ONE AT A TIME RATHER THAN ALTERNATING, START WITH YOUR WEAK ARM
	FACE PULL	0	3	15-20	N/A	9	1-2 MIN					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 4: DEADLIFT, BENCH PRESS	PAUSE DEADLIFT	4	4	2	75%	N/A	3-4 MIN					3 SECOND PAUSE RIGHT AFTER THE PLATES COME OFF THE GROUND
	PAUSE BARBELL BENCH PRESS	3	3	5	77.5%	N/A	2-3 MIN					2-3 SECOND PAUSE ON THE CHEST
	CHEST-SUPPORTED T-BAR ROW OR PENDLAY ROW	1	3	10	N/A	7	2-3 MIN					BE MINDFUL OF LOWER BACK FATIGUE. STAY LIGHT, MINIMIZE CHEATING
	NORDIC HAM CURL	0	3	6-8	N/A	8	1-2 MIN					SEE VIDEO DEMOS PAGE, CAN SUB FOR LYING LEG CURL
	DUMBBELL SHRUG	0	3	20-25	N/A	9	1-2 MIN					FEEL A STRETCH ON THE TRAPS AT THE BOTTOM, SQUEEZE HARD AT THE TOP

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
FULL BODY 5: ARM & PUMP DAY	A1. BARBELL OR EZ BAR CURL	1	3	12	N/A	8	30SEC					CURL THE BAR OUT AND UP IN AN ARC. MINIMIZE MOMENTUM.
	A2. FLOOR SKULL CRUSHER	1	3	10	N/A	8	30SEC					ARC THE BAR BACK BEHIND YOUR HEAD, SOFT TOUCH ON THE FLOOR BEHIND YOU
	B1. INCLINE DUMBBELL CURL (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS TOP 1/2, 7 REPS BOTTOM 1/2
	B2. TRICEPS PRESSDOWN (REVERSE 21S)	0	3	21	N/A	10	30SEC					DO BOTH ARMS AT ONCE: 7 REPS FULL ROM, 7 REPS BOTTOM 1/2, 7 REPS TOP 1/2
	C1. DUMBBELL LATERAL RAISE	0	3	20	N/A	9	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	C2. BAND PULL-APART	0	3	20	N/A	9	30SEC					MIND-MUSCLE CONNECTION WITH REAR DELTS
	C3. STANDING CALF RAISE	0	3	12	N/A	9	30SEC					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	C4. BICYCLE CRUNCH	0	3	15	N/A	9	30SEC					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	15/15	N/A	8	1-2 MIN					AVOID YANKING THE PLATE WITH YOUR HANDS

SUGGESTED REST DAY

# IMPORTANT NOTES ABOUT WEEK 10

If you are not feeling well recovered after completing week 9 (achy joints, poor sleep, low energy) you should run Week 11 first and then run the Week 10 max testing. If you have accumulated sufficient fatigue from Weeks 7-9, you will likely perform better by running the deload (Week 11) first, and then running the max test week (Week 10) after.

- Always use a good spotter when attempting max effort lifts
- Always use safety bars on squat and bench press (in case you have to dump the bar)
- Do not test maxes (move to Week 11) if you are feeling joint pain
- Do not test maxes (move to Week 11) if you do not feel properly recovered
- Do not test maxes (move to Week 11) if you do not have a good spotter
- Maxes should be done at a 9.5 RPE: It is not necessary to push to the point where you actually fail. I recommend stopping at the point where you don't think you could get another rep with good form.

## WHAT WEEK TO RUN?

- Run Week 10A if you have mostly bodybuilding and strength goals
- Run Week 10B only if you have competitive powerlifting goals

WEEK 10: OPTION A

# POWERBUILDING SYSTEM

[MAX TESTING]

MAX TESTING OPTION A: IMPORTANT! CHOOSE EITHER WEEK 10A OR WEEK 10B. DO NOT RUN BOTH WEEKS. SEE PAGE 88 FOR SUGGESTIONS ON WHICH WEEK TO RUN.

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
SQUAT TEST	BACK SQUAT	4	1	AMRAP	90%	9.5	4-5 MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3+ REPS
	SINGLE-ARM LAT PULLDOWN	1	2	12	N/A	8	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	INCLINE DUMBBELL CURL	0	4	12	N/A	8	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12	N/A	8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

## SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
BENCH TEST	BARBELL BENCH PRESS	4	1	AMRAP	90%	9.5	4-5 MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3+ REPS
	LEG CURL	1	3	8-10	N/A	8	2-3 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	TRICEPS PRESSDOWN	1	3	12	N/A	8	1-2 MIN					CAN DO WITH CABLES OR BANDS, SQUEEZE TRICEPS TO MOVE THE WEIGHT

## SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
DEADLIFT TEST	DEADLIFT	4	1	AMRAP	90%	9.5	4-5 MIN					AS MANY REPS AS POSSIBLE. ALWAYS USE A SPOTTER AND GOOD FORM. AIM TO HIT 3+ REPS
	OVERHEAD PRESS	2	3	10	N/A	6	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	LEG EXTENSION	1	3	12	N/A	7	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	BICYCLE CRUNCH	0	4	15	N/A	8	1-2 MIN					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!

WEEK 10: OPTION B

# POWERBUILDING SYSTEM

[MAX TESTING]

MAX TESTING OPTION B: IMPORTANT! FOR COMPETITIVE POWERLIFTERS ONLY. CHOOSE EITHER WEEK 10A OR 10B. DO NOT RUN BOTH WEEKS. SEE PAGE 88 FOR INSTRUCTIONS ON WHICH WEEK TO RUN.

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
SQUAT TEST	BACK SQUAT	5	1-3	1	100-105%	9.5	4-5 MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY -2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5 RPE. USE A SPOTTER AND GOOD FORM!
	SINGLE-ARM LAT PULLDOWN	1	2	12	N/A	8	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE ELBOWS DOWN AND IN
	INCLINE DUMBBELL CURL	0	4	12	N/A	8	1-2 MIN					FOCUS ON THE MIND-MUSCLE CONNECTION
	STANDING CALF RAISE	1	3	12	N/A	8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP

#### SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
BENCH TEST	BARBELL BENCH PRESS	5	1-3	1	100-105%	9.5	4-5 MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY -2.5% EVERY ATTEMPT UNTIL YOU HIT A 9.5 RPE. USE A SPOTTER AND GOOD FORM!
	LEG CURL	1	3	8-10	N/A	8	2-3 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	1-2 MIN					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	TRICEPS PRESSDOWN	1	3	12	N/A	8	1-2 MIN					CAN DO WITH CABLES OR BANDS, SQUEEZE TRICEPS TO MOVE THE WEIGHT

#### SUGGESTED 1-2 REST DAYS

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
DEADLIFT TEST	DEADLIFT	5	1-3	1	100-105%	9.5	4-5 MIN					AIM FOR A NEW PR. START WITH 100% AND INCREASE BY ~2.5% EVERY ATTEMPT. 5-MIN REST BETWEEN ATTEMPTS. USE GOOD FORM!
	OVERHEAD PRESS	2	3	10	N/A	6	2-3 MIN					RESET EACH REP (DON'T TOUCH-AND-PRESS)
	LEG EXTENSION	1	3	12	N/A	7	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	BICYCLE CRUNCH	0	4	15	N/A	8	1-2 MIN					FOCUS ON ROUNDING YOUR BACK AS YOU CRUNCH HARD!

WEEK 11

# POWERBUILDING SYSTEM

## [DELOAD]

## FULL DELOAD WEEK: AVOID FAILURE AND TRAIN LIGHTER THIS WEEK BEFORE RUNNING BACK THROUGH WEEK 1 OR ONTO A NEW PROGRAM.

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #1	DEADLIFT	4	2	3	75%	N/A	3-5 MIN					BRACE YOUR LATS, CHEST TALL, PULL THE SLACK OUT OF THE BAR BEFORE LIFTING
	SUMO BOX SQUAT OR PAUSE HIGH-BAR SQUAT	2	2	6	N/A	5	2-3 MIN					IF YOU SQUAT HIGH-BAR, DO SUMO BOX SQUAT. IF YOU SQUAT LOW-BAR, DO PAUSE HIGH-BAR (2 SEC PAUSE)
	LEG CURL	1	2	6-8	N/A	6	1-2 MIN					DO LYING LEG CURL MACHINE OR NORDIC HAM CURL IF NO MACHINE ACCESS
	STANDING CALF RAISE	1	2	8-10	N/A	6	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP, FULL SQUEEZE AT THE TOP
	HANGING LEG RAISE	0	2	10-12	N/A	6	1-2 MIN					KNEES TO CHEST, CONTROLLED REPS, STRAIGHTEN LEGS MORE TO INCREASE DIFFICULTY

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #1	BARBELL BENCH PRESS	3	3	6	72.5%	N/A	3-4 MIN					SET UP A COMFORTABLE ARCH, SLIGHT PAUSE ON THE CHEST, EXPLODE UP
	ASSISTED CHIN-UP	1	2	8-10	N/A	7	2-3 MIN					UNDERHAND GRIP, PULL YOUR CHEST TO THE BAR, ADD WEIGHT IF NEEDED TO HIT RPE
	OVERHEAD PRESS	2	2	4	75%	N/A	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, PRESS UP AND SLIGHTLY BACK
	CHEST-SUPPORTED DUMBBELL ROW	1	2	12-15	N/A	7	1-2 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	A1: FACE PULL	0	2	15-20	N/A	8	30SEC					CAN USE CABLE/ROPE OR BAND, RETRACT YOUR SHOULDER BLADES AS YOU PULL
	A2: DUMBBELL LATERAL RAISE	0	2	15-20	N/A	8	30SEC					ARC THE DUMBBELL OUT, MIND-MUSCLE CONNECTION WITH MIDDLE FIBERS
	B1: CONCENTRATION BICEP CURL	0	2	12-15	N/A	8	30SEC					PIN YOUR ELBOW AGAINST YOUR UPPER LEG OR THE BACK OF A BENCH
	B2: TRICEPS PRESSDOWN	0	2	12-15	N/A	8	30SEC					CAN DO WITH CABLES OR BANDS, SQUEEZE TRICEPS TO MOVE THE WEIGHT

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
LOWER #2	BACK SQUAT	4	2	6	70%	N/A	3-4 MIN					SIT BACK AND DOWN, KEEP YOUR UPPER BACK TIGHT TO THE BAR
	SNATCH-GRIP ROMANIAN DEADLIFT	2	2	8	N/A	6	2-3 MIN					WIDE GRIP, MIND-MUSCLE CONNECTION WITH HAMSTRINGS
	LEG EXTENSION	1	2	12-15	N/A	7	1-2 MIN					USE BANDS IF NO MACHINE ACCESS, MIND-MUSCLE CONNECTION WITH QUADS
	STANDING CALF RAISE	0	3	15-20	N/A	8	1-2 MIN					EMPHASIZE THE MIND-MUSCLE CONNECTION
	BANDED LATERAL WALK OR HIP ABDUCTION	0	3	15-20	N/A	8	1-2 MIN					POINT TOES SLIGHTLY OUTWARD, MIND-MUSCLE CONNECTION WITH GLUTES
	V SIT-UP	0	3	12-15	N/A	8	1-2 MIN					THINK ABOUT SQUEEZING YOUR UPPER AND LOWER ABS TOGETHER
	NECK FLEXION/EXTENSION (OPTIONAL)	1	3	12/12	N/A	8	1-2 MIN					12 REPS FLEXION (FRONT OF NECK), 12 REPS EXTENSION (BACK OF NECK)

WORKOUT	EXERCISE	WARM-UP SETS	WORKING SETS	REPS	%1RM	RPE	REST	SET 1	SET 2	SET 3	SET 4	NOTES
UPPER #2	CLOSE-GRIP BENCH PRESS	3	3	10	N/A	6	2-3 MIN					SHOULDER WIDTH GRIP, TUCK YOUR ELBOWS IN CLOSER TO YOUR TORSO
	CHEST-SUPPORTED DUMBBELL ROW	1	2	10	N/A	6	3-4 MIN					LIE ON AN INCLINE BENCH AND DO ROWS - PULL WITH LATS!
	WEIGHTED DIP	2	3	6	N/A	7	2-3 MIN					DO FLOOR DUMBBELL PRESS IF NO ACCESS TO DIP HANDLES
	SINGLE-ARM LAT PULLDOWN	1	2	10	N/A	8	2-3 MIN					PERFORM WITH BANDS IF NO LAT PULLDOWN, DRIVE THROUGH ELBOWS
	A1. INCLINE SHRUG	0	2	15-20	N/A	8	30SEC					LIE AGAINST AN INCLINE BENCH AND DO SHRUGS - FULL ROM AND SQUEEZE!
	A2. UPRIGHT ROW	0	2	15-20	N/A	8	30SEC					CAN USE CABLES/ROPE, BANDS OR DUMBBELLS. STOP ROM ONCE ELBOWS REACH SHOULDER HEIGHT.
	B1: BARBELL OR EZ BAR CURL	0	3	12-15	N/A	8	30SEC					FOCUS ON THE MIND-MUSCLE CONNECTION
	B2. SKULL CRUSHER	0	3	8-10	N/A	8	30SEC					BARBELL OR EZ BAR, DO THESE ON A BENCH, CONSTANT TENSION ON TRICEPS

SUGGESTED REST DAY (1-2 DAYS OFF DEPENDING ON YOUR SCHEDULE)